

# KEYWORD LIST

- M1 7/12/54 TASK: present to self, 1w. of 7/MOMENT - wish, task/PURGATORY - relation to self/WISH- relation to being, 3 centers, creatg. something outside self/OPENNESS - description of 3 ways in which one is closed, how Work opens one/ORDINARY LIFE - attitude towards, seeing self, remembering self in life/VOICE - working with, observing/HELPING OTHERS - knowing self before judging others/Light - darkness as absence of
- M2 10/4/54 SENSING EXERCISE - group task, described/OBSERVATION - focus on self/MUSIC - listening to w/o identifying/TASK: need for preparation; independence in Work; wish to Work-against grain of ordinary existence
- M3 12/20/54 OBSERVING 2 CLASSES OF PHYSICAL BEHAVIOR - what others see, what is seen by oneself; 5 manifestations/NEW YEAR'S - evaluating; wishing friends well, falling asleep because of enjoyment/PURGATORY - 2nd, 3rd being food; chapter and relation to creation of Cosmos/Kesdjan- food for; Kesdjan and Soul/Participation, Experimentation, Conscious suffering/Work - overcoming difficulties with
- M4 5/23/55 WORK-others as stimulus, mainly is individual/PRESENT TO SELF- preparation, relaxation is not Work; Work as contact w/something/RESULTS OF EFFORTS -present to self 10 min., losing self, real moments of presence, where one is & reaching higher/EXPERIENCES= using now to be present/QUESTIONS - of Work, some answered, new ones created; refining one's questions
- M5 NY 6/6/55 DIFFICULTY IN WORK - starting over; losing attempt;changing all the time; energy for Work runs out/MAINTAINING LEVEL WHEN MR. NYLAND AWAY- trying not to let self run down/WORK- aim to be in life but conscious; accent on essential existence
- M6 10/19/55 Observation - 5 manifestations described/Value of GROUP vs. Working individually - need of teacher/ Person self-critical - what to do/Bringing something to MEETING/MOVEMENTS/Relationships - change, seeing behavior/Accepting laughter/(poor quality tape)
- M7
- M8
- M9 5/56 Attitude towards impressions of oneself/Work - not even; always fight; energy dependent on outside/Admitting SLEEP-WAKING UP/Seeing, accepting - 3 WAYS TO WORK/ Seeing self in physical exertion, anger/Zilnotrago/REACTING - why it can't be used
- M10
- M11
- M12
- M13

- M14 3/4/57 OBSERVING SELF W/OTHERS-being and seeing self in a variety of conditions/Being emotional - more difficult/Seeing reactions, habits, speech/Reducing self to simple level
- M27 6/18/57 GROUP-danger of Working alone/Finding superficial & essential places in one/Real questions/Focus on self/Creation of conditions/Shocks-accidental, intentional/Awakening, Thinking of Work/Self-remembering; doing things differently/Magnetic Center/Wish-friction/Acceptance of state-emotional state & Work
- M29 7/20/57 PURGATORY CHAPTER in A&E-emotion. state of suffering/Kundabuffer & waking up/Questioning my existence-beging. of Kesdjan/Purpose of Work/Formation of Soul/Place of purgatory in Work/Food digestion - Law of Heptaparapar./Use of sex energy/Martna, Spirna, Okina & 3 centers/Purgatory & His Endlessness, sin-purging oneself/'Clean' & 'dirty'- obstacles to waking up/Story of Beelzebub in ourselves/Form & Sequence - description/Keschapmartnian Beings-half man; Trogoautoegocrat; 5th Stopinder/Octave - FA, DO of Kesdjan, Soul (tape runs off)
- M35 3/18/58 Tapes & group/Purpose of Work/Consciousness/Recurrence/Possibility of development/Development of Higher being bodies/Seeing one's experience/Facing one's suffering/Self-pity/Referente to experience as a guide/Trying to be different/Criticism of others
- M36 3/19/58 Purpose of tapes/Proper attitude toward Ideas/Waking up, Sleep/Self-study/Awareness of one's behavior/Using common sense/Sensing/Realization of one's existence/On sensing & feeling/Real self/Receiving impressions consciously/Being alive
- M37 3/25/58 Parallel lines & 2 opposing forces/Octave/Accent on inner life/Simplicity/Task: least energy in movement/4th Way's small pill/Chemicals achieving consciousness only on planetary level/meaning of Secret Doctrine/higher forms of Food/Christianity, Mohammedanism, Tibetanism, Hinduism/How to become conscious/knowing what is objectively correct/Simultaneity - reality of the moment/Self-pity & helplessness - Work
- M38
- M39
- M40

- M43 4/15/58 Asking questions at Reading/Evaluation of questions & answers/  
 Living w/ and having clarity of Ideas/Putting religion into  
practice/Facing oneself at death/How one's life should be/  
Preparation for the group/Inner & outer considering/Observation,  
particpa., experimenta./What is real in oneself/Accent on  
inner life/Possible development of man/New dimension to intellect/  
Seeing oneself/Work starts when difficulty begins/Using energy  
created by going against grain/Present to one's behavior/Wish to  
grow/Knowing one's limitations
- M47 4/29/58 On remaining asleep/Making effort to Work/Ordin. life & Work/  
 Seeing one's suffering/To be - in order to Work/State of Awakeness  
&Sleep/Practical work, not theory/Task: trying to be simple/  
Task: trying to be different/Totality of oneself/Losing oneself
- M48 4/30/58 Question of being alive/Responsibil. to group, speaking in/  
 Work- obligation to apply, evaluation of Work, maintenance,  
payment/Attitude tow. Money/Man's 2-fold purpose/Inner & outer  
life/4 relationships: priv, personal, profess, sociol./5 Rules  
of Obj. Morality/Impermanence of self/Right perspective of Work/  
Tasks - answers to
- M50 5/7/58 Self-remembering/Awareness, seeing oneself/Being grown up/Degrees  
of level/How to be/Principle of a task/Emphasis on purpose of  
task/REading to remind oneself/Putting oneself in different  
conditions/Sensing exercise/Realization of oneself/Accepting  
oneself w/o criticism/Centers/Accepting myself as I am/On waking  
up
- M53 5/20/58 Relation between Knowledge & understanding/ Finding Magnetic  
Center/task: controlling anger manifestations/Ordinary life -  
leaving group/Task: living as if last day/TASK: change behavior  
w/ other people/Ordinary and real conscience/ Forgetting task-  
prayer/Not preparing for task - attitude/Working when feeling  
sorry for oneself - not continuing

## KEYWORD LIST

- M100  
4/22/59 Bringing new people/Application of Work/ motivation - how one spends one's time/States: hope, self-criticism/Acceptance/ 5 manifestations/Task: aware of voice/Description of awareness/No wish/Controlling body - observing habits/Task: younger sister, older sister
- M101
- M102  
4/29/59 Placement of 'I' - experience of separateness;'as if' outside-awareness/Positive attitude tow. Work - no wish for results; united in wish to make effort; not comparing oneself w/ others/Task: younger sister - wishing well for growth of another; giving w/o receiving/Not believing one is asleep - self-love/Trying to become aware - breaking habits, etc., wish based on dissatisfaction/Sensing - means to be aware, for physical body; Task - controlling temper/Task: Work every hour - doing 1x day/Children-more aware; becoming spoiled
- M103  
5/5/59 Self-remembering & crystallization; effort, static, dynamic/Habit of smoking & awareness/Using energy/Fear of losing oneself in ordinary life - will always happen; changing oneself/Using an experience - use for being awake/Seeing behavior of others, disturbing - focussing on oneself/Task: 3 people Working at same time - unity/Unrolling film - not Work; 3 grades of waking up: accidental, trying, waking up;EFFORT/Using intensity-physical work/Conflict - present to physical work/State of intensity-Work, not thinking/Mixed motivations preventing oneself from usual reactions-awake or asleep/Reading A&E: Karapet of Tiflis -playing a part-essence;hateful energy flowing in one's direction; sending out energy to protect/Affected strongly - enlarging one's world; knowledge & being; higher level of being/Behavior & Essence - 3 steps (tape runs off)

M328 DIAGRAMS of the 3 bodies, 3 stories, Jesus Christ  
6/12/62

(6/14/62)  
M331 - ENNEAGRAM -  
ORIENTAL STREET PROJECT

(8/28/63)  
M471 - SENSING EXERCISES - BEING JOYOUS - Impartiality to VILE  
OKIDANOKH - use of in oneself. Language-

(10/15/63)  
M488 - Enneagram - (detail)

M491 - Tasks in General - Running dry in work - Objective Art -  
(11/22/63) Participation - obligations in ordinary life  
ATLANTIS - TRIPITAKA - and "monkey"

M506 - Death of Kennedy viewed from standpoint of work  
(11/22/63)

M556 Questions and answers/F.W.: why was man given possibility of  
3/13/64 waking up? Involution, evolution/Octave/Laws 3,7/Lights of Karatas/  
R.V., S.S.: about Ouspensky's statements concerning man's sexual  
life/Procreation and Creation/Sex energy: evolution/Homosexuality-  
impartial acceptance/Under-sex; over-sex/Sex energy & awareness/  
intellectual body

M576 (4/24/64) man and woman Tape

M599 - Original Sensing exercise

M601 (4/4/64) I am - exercise

M676 (H/6/64) Using habits for work - Beginning of work -

M682 - ENNEAGRAM - OBSERVATION

M705 Task: based on knowledge gained from review of year/12 tendencies--  
1/5/65 Work on 1 a month; characteristic tendencies given/Attitude tow.  
task for 1st 6 mos./Task: to live 1 day a mo. in austerly,  
simplicity w/o any form of indulgence/Purpose of tasks/Climbing  
a mountain/Lonesomeness

M708 Music/Relationships between man & woman now; in relation to  
1/8/65 consciousness/Proper use of sex energy; responsibility of each/  
(short tape)

M735 Hypnosis defined/Blood circulation/Hanbædzoin/Self-hypnosis -  
1/19/65 being awake/Kesdjan/How to use in ordinary life by relaxing/  
Laws 3 & 7-octave; explanation of triangles/Enneagram - 1,4,2,8,5,7/  
relating to laws/3 bodies /Ord. life & laws, octaves/Non-identifi-  
cation

M854 - Tasks - planning day - Conscience - Wish - Tendencies  
(11/22/65) Finding Truth-

M935 GURDJIEFF-curiosity vs. answer to one's life/Verification of one's bondage/  
Mon 2/21/66 Gurdjieff -not like other philosophies/How to build something within/ Real  
Berkeley man/Necessity for defining an aim - development (INTRODUCTORY

m 961 (4/5/66) Austerity tape

M963  
IV Fri  
4/8/66

Good Friday/Easter-Christ-Pentecost (40&50 days)/Meaning of  
death/Emotional development/Task for Easter week/Silence/  
Habits

M 964 - (detailed resume) 4/11/66 Question and Answers. Task - working without glasses for 1 hour on job. Question about seeing oneself. Coatings, seeing more and more of truth of oneself. Lack of impartiality. Explains impartial observation; impartial criticism. Question about 'little parts of oneself burning out' - observation does not include destruction of anything. Purpose of 'I' - re: manifestations and what is higher. Question about knowing when 'I' is big enough to influence. Question: what is obyavatel? Defined. Orage & Ouspensky. Question: how to Work. From body to observing totality of oneself. (short ) Task: walking back & forth in room 5 min. 3 x a day, turning head right with right foot, left with left foot. Variations given to use oneself as food for 'I'. Question: Do not want to explain in words what happens when I Work. Answer - to let feelings operate and give knowledge. Triangle of mind, body, feelings. When no wish, wait, reduce self to simplicity. Prayer. Question: Task. Habitual movements. Question: how to maintain force acquired in meetings? Learning how to feed it. Asking what in me prevents wish. Emotional center. Questions to ask oneself about wish. Religion. Physical center - lethargy. Question: Gurdjieff & Sufi.

m 982 (5/11/66) - Physiological Explanation of Work

See  
page  
3

M 1205 - (fair resume) 6/20/67 No questions. Indexing tapes. FATHER'S DAY. Importance of other people to find life in oneself. Becoming impartial to oneself through acceptance. Life not dependent on matter. Meaning of God's child. I AM exercise. Man # 4 & 7. Realization of mechanicality and essence. Gratitude in my existence for existence of others.

M 1233 - (fair resume) 8/8/67 I No questions. Teaching and its responsibilities. UNROLLING THE FILM. Description in detail. One's life as a play, oneself as actor. Professional life as audience. Becoming free.

M 1331 - (detailed resume) Los Angeles 1/6/68 DRAINING - how to. I AM exercise. Separation of centers. Building bodies - diagram. Noble gases. SENSING exercise. Advice on groups - beginning. Kesdjan - Hanbladzoin. Man #'s 1-7. Participation, experimentation, conscious labor and intentional suffering. In the beginning, when NOT to Work.

M 1368 - (poor sub. index) Seattle 3/4/68 Changing behavior; habits. Task for student. Essential essence, relation to surface. Magnetic Center. Consciousness, conscience, will. New people - proper attitude & behavior. Octave - SOL-LA-SI - aspiration, inspiration, silence.

\* M 1393 no references

M 1529 - (poor resume) 1/29/69 Boston I. Emphasis on use of 3 centers in Work. Observation - honesty - task. Desire for Work in relation to energy. Deepening Work. Answering questions; answer dependant on state of other person. Openness. Truth - in relation to understanding in Work with each other. Life vs. form. Heart and observation of body. Aim in life of giving expression to what is holy.

M 1608 - (fair resume) IV 6/20/69 Reading a person's inner life. Expression of face most important of 5 manifestations, regarding inner life. High and low languages; superficial and essential expression. Emotional state and language. 'I' and facial expression. Tracing source of expression. How do you measure your life? Maturity. Hopelessness. Spending day asking God to be with you. Walk in eyes of God: Magnetic Center and 'I'. Focus on body.